



20 TIPS for Healthy Eating

- 1 CHOOSE A HEALTHY VARIETY.** Eat low-fat foods from each of the basic food groups: grains, vegetables, fruits, milk, and meat & beans. Visit www.mypyramid.gov for more information.
- 2 DRINK WATER.** Water is needed to help digest food, remove waste and regulate your body temperature. Drink enough water to avoid feeling thirsty. Try to drink eight glasses of water every day.
- 3 START WITH BREAKFAST.** A healthy breakfast is the best way to start your day. It gives you the energy you need to concentrate and can keep you from overeating or making unhealthy snack choices.
- 4 READ LABELS.** Make it a habit to read nutrition labels on the foods you buy. Pay attention to the serving size and avoid foods high in calories, saturated fat, trans fat, sodium, cholesterol, and sugar.
- 5 SPACE OUT YOUR MEALS.** Eat 4-6 small, healthy meals throughout the day. This can keep you from overeating and provides a constant supply of energy all day long.
- 6 SELECT WHOLE-GRAINS.** Whole-grain foods contain fiber that can lower blood cholesterol and help you feel full. Look for foods that contain the words "whole-grain" or "whole-wheat" as the first ingredient.
- 7 KEEP IT COLORFUL.** Fruits and vegetables come in a variety of colors. Choose from the different colors to give your body a wide range of valuable nutrients.
- 8 LEAN ON PROTEIN.** Select cuts of beef or pork labeled "loin" or "round" and choose white meat from skinless poultry for the least amount of fat. A serving size should be no more than 3-4 ounces, which is roughly the size of a deck of cards.
- 9 FILL UP ON FIBER.** A high-fiber diet may reduce the risk of certain types of cancer and may help to control cholesterol levels. Fiber-rich foods include legumes, nuts, seeds, whole-grains, vegetables, and fruits.
- 10 SELECT NONFAT OR LOW-FAT DAIRY PRODUCTS.** Foods such as milk, yogurt, cheese, and milk-based desserts, such as ice cream and pudding, contain calcium but also contain high amounts of fat. Choose lower-fat versions of your favorites or reduce your serving size.
- 11 COOK HEALTHY.** Use methods such as baking, broiling, poaching, roasting, or steaming to avoid adding fat to your food.
- 12 CHOOSE HEALTHY FATS.** Monounsaturated and polyunsaturated fats, such as olive, canola, safflower, and corn oils are healthier choices. These fats generally remain liquid at room temperature while healthier fats, such as butter, margarine and lard, are either solid or waxy at room temperature.
- 13 SUBSTITUTE OFTEN.** Replace high-fat foods with their lower-fat versions. Use applesauce instead of butter or oil when baking, select broth-based soups instead of cream-based soups and use egg whites instead of whole eggs.
- 14 USE SALT IN MODERATION.** Add flavor to the foods you prepare by using fresh herbs, spices and salt-free seasonings. Limit your intake of commercially packaged foods since they tend to be high in sodium.
- 15 SNACK HEALTHY.** Eat snacks that are low in fat and high in nutrients such as fruit, vegetables, unbuttered popcorn, low-fat yogurt, rice cakes, and unsweetened cereals.
- 16 GO FISH.** Fish is generally low in calories, saturated fat and cholesterol, making it a good substitute for meat. Aim to eat at least two servings of fish each week.
- 17 LIMIT ALCOHOL.** Alcoholic beverages have no nutritional value and provide excess calories. For some individuals, drinking alcohol can lead to excess consumption of food.
- 18 ORDER HEALTHIER FAST-FOOD.** Choose grilled chicken sandwiches instead of burgers, replace fries with a salad or fruit and order water, juice or diet soda instead of regular soda.
- 19 SHOP SMART.** Look for the heart check mark to quickly identify foods that are certified to be low in saturated fat and cholesterol.
- 20 BE AWARE OF FOOD SAFETY.** Clean hands and food preparation surfaces before and after use. Wash produce, cook meat thoroughly and refrigerate perishable foods promptly.



Sources: American Heart Association, Mayo Clinic, Produce for Better Health Foundation, U.S. Department of Agriculture, and U.S. Department of Health and Human Services



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